



DUNNINGTON C.E. PRIMARY SCHOOL

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Headteacher: Clare Thompson

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Friday 6th December 2024

Dear parent/ carer,

We are looking forward to seeing lots of you at the Christmas Fair after school today. Thank you to those of you who have donated items for the tombola and cake stall and thank you to our wonderful PTA who consistently work incredibly hard to support the school. I am certain it will be a very festive start to the weekend!

ADHD Friendly Schools Award

Last week we submitted our evidence that we hope will lead to us being granted the ADHD Friendly Schools Award alongside a group of other schools in York.



As part of the award, we had to make 6 pledges:

1. We pledge to work with the ADHD Foundation to provide a training session for our staff team.
2. We pledge to provide regular opportunities for all learners with ADHD to have access to physical activity and exercise during the school day.
3. We pledge to provide opportunities for all learners with ADHD to learn self-calming strategies such as breathing, progressive muscle relaxation or mindfulness.
4. We pledge to provide tactile resources in every classroom.
5. We pledge to produce a display for the whole school and hold one assembly to celebrate the achievements of people living with ADHD.
6. We pledge to provide information and support for parents and carers of children and young people with ADHD.

We are really proud of the work we have done towards this award and we will continue to strive to consistently put the best possible provision in place for all of our children, including those with special educational needs and disabilities – something we are incredibly passionate about.

Thank you in particular to Mrs Subritzky, our SENDCO, who works tirelessly to advocate for every child on our SEND register and who is a constant source of support to children, staff, parents and carers. The school is very lucky to have you.

Below you can see a snapshot of the work we have been doing:

Pledge 1 – staff training

Teaching staff, teaching assistants, midday supervisors and administrative staff took part in the whole school training sessions on:

12th June, 26th June and 10th July 2024

The SENDCo attended the Neurodiversity in Primary Schools training on 5th June 2024.

The Head teacher attended Understanding and Supporting Neurodiversity in the Primary School Setting on the 6th June 2024 and Attachment and Trauma on the 24th April 2024.

One of our MSAs said: *“What I really appreciated about the training was how it got me to think about how typical school interactions might appear differently to someone with a different neurological profile than my own. And that helped me to think about better ways I could deal with some of our students that were difficult for me to handle effectively. So I find that I now get less frustrated and spend more time thinking outside of “my box.”*

One of our Senior Leaders said: *“The ADHD training that we completed as a staff was really useful CPD. There were lots of opportunities for us to reflect on the current children we have and how we can provide further support for them within our classrooms; but also offered suggestions and strategies that could effectively be put in place that would benefit everyone! I also particularly love the fact we have moved to whole school calming colours for display boards.”*



Pledge 2 – Physical activity & exercise

Classes incorporate movement both into lessons and the school day through:

- Designated movement breaks using programs such as Go Noodle
- Active learning with children working flexibly in the classroom
- Sensory circuits/ timetabled movement breaks for those children needing a more bespoke approach – these can take many forms – collecting recycling, kicking a ball, use of outdoor play equipment, bounces on the trampoline.
- Teachers feel more empowered to give ad hoc movement breaks as and when required for all learners.



Pledge 2 – Physical activity & exercise



Children in year 3 and year 1 have access to a mini trampette – they love nothing more than bouncing whilst saying their times tables!



Children love a whole class movement break – these take many forms and can be both indoor and outdoor



Children can select their own sensory circuit menu – we hope to introduce a sensory circuit trail in the corridor to allow children to do this even more independently.



Pledge 3 – Self Calming Strategies

Every child in the school has completed a series of lessons on Zones of Regulation. They have each created their own toolkit, identifying the strategies that help them to move between Zones. These are displayed in every class and all staff use the language of Zones. Within each classroom is a set of cards which also support children to select self calming strategies. We are in the process of creating a "Calm Hub" which will be filled with calming and sensory resources for children that may require additional support to self- and co-regulate. This will be funded by our wonderful PTA.



Pledge 4 – Tactile resources

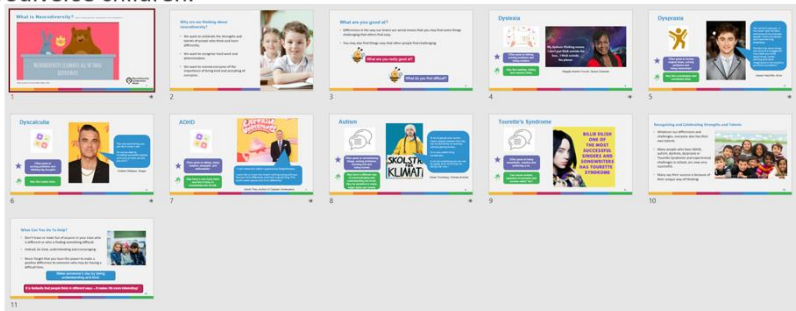
All classrooms have a box of resources which include:

- A weighted blanket
- A fleece blanket
- A wobble cushion
- Resistance bands
- Sunglasses
- Calming sensory strips
- A set of calming activity cards



Pledge 5 – School assembly and display

A whole school assembly was held to celebrate achievements of people living with ADHD and other types of neurodiversity on 1st October 2024. It was wonderful to see how the children engaged in this assembly, and, in particular, the contributions of some of our neurodiverse children.



Pledge 5 – School assembly and display

Information about the assembly was also shared with parents in our newsletter.

I led an assembly on Wednesday that celebrated neurodiversity. We spoke about different forms of neurodiversity and celebrated the strengths and talents of people who think and learn differently. We reminded the children about the hard work and determination needed to overcome challenges and the need to be kind towards and accepting of everyone – something that is a real strength of the children at Dunnington. It was wonderful that so many felt confident to share their own understanding and experiences.

These are some of the things we learned:

People with **dyslexia** are often great at talking and solving problems and being creative, but they may find reading, writing and memory tricky. Maggie Adern-Pocock, a space scientist with dyslexia said: "My dyslexic thinking means I don't just think outside the box ... I think outside the planet."

People with **dyspraxia** are often great at having original ideas, solving problems and being determined but they may find coordination and movement tricky. Daniel Radcliffe, an actor with dyspraxia, said: Do not let it stop you. It has never held me back, and some of the smartest people I know have learning disabilities. The fact that some things are more of a struggle will only make you more determined, harder working and more imaginative in the solutions you have to find problems."

People with **dyscalculia** are often great at solving problems and thinking big thoughts, but they may find maths tricky. Robbie Williams, a singer with dyscalculia, said: "You are astonishing, you just don't know it yet. I'm surrounded by incredibly successful people and most of them are like you and I!"

People with **ADHD** are often great at talking, being creative, energetic and enthusiastic, but they may have a very busy mind and find it tricky to concentrate and sit still. David Piley, the author of Captain Underpants said: "I call it Attention Deficit Hyperactivity Delightfulness. I want kids to know that there's nothing wrong with you. You just think differently, and that's a good thing. This world needs people who think differently."

Those with **autism** are often great at remembering things, solving problems, knowing lots and being honest. They may have a different way of communicating and understanding the world. They may also be sensitive to noise, bright lights and smells. Greta Thunberg, the climate activist said: "A lot of people with autism have a special interest they can sit and do for an eternity without getting

bored... It's a very useful thing sometimes ... it can be something you can use for good. And I think that I'm doing that now."

People with **Tourette's Syndrome** are often great at being empathetic, creative and achieving a lot. It can cause sudden, repeated movements and sounds called "tics". Billie Eilish, one of the most successful singer and songwriters in the world, has Tourette Syndrome.

We learned that whatever our differences and challenges, everyone also has their own talents. Many people who have ADHD, autism, dyslexia, dyspraxia or Tourette Syndrome and experienced challenges in school, are now very successful. Many say their success is because of their unique way of thinking.

We all need to remember that it is fantastic that people think in different ways – and that it makes life more interesting!

Several parents have commented on how impactful this assembly and newsletter was. One parent shared that it really helped her daughter, who had just received a dyslexia diagnosis, understand dyslexia more and the many strengths that come with it. Another commented that it made her feel really emotional seeing differences being celebrated so openly.



Pledge 5 – School assembly and display

We have a display in the school hall – this is often a talking point for parents who visit the school, who explain the positive impact it has had on their children's understanding and feelings of belonging.



Pledge 6 – Support for parents and carers

ADHD Foundation webinars made available to all parents and carers, not just those of children with a diagnosis of ADHD.

Extract from newsletter March 2024

ADHD Friendly School Award

In January, City of York launched the York Neurodiversity Project. The aim of this project is to develop understanding of neurodiversity. The focus of the work is to upskill staff at all stages of education to ensure that learners can achieve their potential. As part of this project, 8 schools are going to be supported to complete the ADHD Friendly School Award. We have been lucky enough to be selected as one of these schools and, as a result, will receive lots of training and support to enhance and improve our provision.

In addition to the training we will receive, a number of parent/ carer webinars have been planned. Please see the attached flyer for more information.

ADHD Foundation Training Links have continued to be shared in newsletters or with individual parents as requested.



School Council

Last year, the school council raised funds by organising a 'Break the Rules Day' to purchase plants for each classroom and around school.

A huge thank you to Mrs Hutchinson who has kindly collected some beautiful plants from Dean's Garden Centre, who gave us a very generous discount. They have now been placed in each classroom where the school council will be able to look after them.

If anyone has any spare plant pots which we could use in school, please drop them in at the school office. Any donations would be greatly appreciated.

Thank you,

From Dunnington Primary School Council



Year 5 Residential Reminder:

Please remember the deposit for the year 5 residential is due today.

Well done Riley

Well done to Riley who came 9th out of thousands of entries for the England Team – to come 9th in the entire country is something to be incredibly proud of!



Riley is currently working hard in the Grand Opera House Panto – if you want to see her perform in Beauty in the Beast she will be in the following shows:

SUNDAY 8TH DECEMBER	1PM & 5.30PM
WEDNESDAY 11TH DECEMBER	2PM & 7PM
FRIDAY 13TH DECEMBER	2PM & 7PM
SUNDAY 17TH DECEMBER	1PM & 5.30PM
WEDNESDAY 18TH DECEMBER	10.30AM & 5.30PM
SATURDAY 21ST DECEMBER	2PM & 7PM
MONDAY 23RD DECEMBER	1PM & 5.30PM
THURSDAY 26TH DECEMBER	1PM & 5.30PM
SATURDAY 28TH DECEMBER	2PM & 7PM
MONDAY 30TH DECEMBER	1PM & 5.30PM
FRIDAY 3RD JANUARY 2025	2PM & 7PM
SUNDAY 5TH JANUARY	1PM & 5.30PM

Break a leg Riley – we are very proud of you.



The Enormous Christmas Pudding

EYFS and KS1 had a real treat this week when Story Craft Theatre visited to perform the Enormous Christmas Pudding. The children absolutely loved the show – I am very sad I did not get to see it! Thank you so much to Vinny and Ernie’s mum for arranging this for us completely free of charge – if you would like to know any more about Story Craft Theatre, please do visit their website:

<https://www.storycrafttheatre.co.uk/>



Nativity Role Play Area

The children are really enjoying the new Nativity role play area in reception.



RESPECT



Well done to Glenn, Aila, Harry, Hallie, Ernie, Atlas and Darcey for always demonstrating our school values of RESPECT. What superstars you are!

Dates for your Diary

New dates will be added in bold each week

December 2024	
Christmas Fair	Friday 6 th December
EYFS and KS1 Nativity Dress Rehearsal	Monday 9 th December 2024
EYFS and KS1 Nativity	Tuesday 10 th December 2pm Wednesday 11 th December 2pm
YoYo Assembly and year 1 and 4 workshops	Friday 13 th December
Christmas Services at St Nicholas' Church Parents Welcome	Wednesday 18 th December 10am EYFS and KS1 11am KS2
Year 3 and 4 Football Finals	Wednesday 18th December
Christmas Parties	Wednesday 18 th December
Christmas Lunch (Children can wear their Christmas Jumpers)	Thursday 19th December (change of date – please remember to order by Tuesday 10th December)
Music Assembly	Thursday 19th December
PTA Disco	Thursday 19 th December
School closes for Christmas	Friday 20 th December 2024

January 2025	
Back to School	Monday 6th January 2025
Parent Open Evening – <i>an opportunity to come into school and see your child's classroom and their work</i>	Wednesday 22nd January 2025 3:30pm – 5pm
Maths Day	Wednesday 12th February 2025
Last day of half term for pupils	Thursday 13th February 2025
Inset Day – School closed for pupils	Friday 14th February 2025
Back to school	Monday 24th February 2025
World Book Day	Thursday 6th March 2025
Parent Consultations	Tuesday 18th March (until 7pm) Wednesday 19th March (until 6pm) Thursday 20th March (until 6pm) <i>Teachers will be available on two out of the three nights.</i>
Down Syndrome Awareness Day	Friday 21st March 2025
Year 3 and 4 Production	Wednesday 26th March 2025 (6pm) Thursday 27th March 2025 (6pm)
Autism Awareness Day	Wednesday 2nd April 2025
School closes for Easter	Friday 4th April 2025

Please do not hesitate to get in touch if you have any questions or concerns.

With very best wishes,

Clare Thompson

Links/ Attachments:

- **York Families Update -**
<https://content.govdelivery.com/accounts/UKYC/bulletins/3c53a56>
- **What parents and carers need to know about Snapchat**

CHRISTINGLE 2024

A *CHRISTINGLE* is a symbol of light and hope that is used to tell the story of God's love for the world at Christmas. You are invited to join us as we *DISCOVER CHRISTINGLE*.



SUNDAY 15th DECEMBER
St Nicholas Church
Dunnington

3-4pm There will be Christmas crafts, tabletop games and prayer stations.

4-4.30pm CHRISTINGLE SERVICE including building your own Christingle.

4.30-5pm REFRESHMENTS

Our Christingle activities will be suitable for children and adults. Everyone is welcome to come along to all or part of the afternoon. Children must be accompanied by a grown up.

Donations will be collected for the Children's Society.

Services at St Nicholas in December

Dec 8th

10.30am St Nicholas Day Holy Communion

Dec 15th

10.30am Holy Communion

3.00pm Discover Christingle

Dec 20th

6.00pm Carols on the Green

Dec 22nd

7.00pm Carol Service

Dec 24th

5.00pm Crib Service

11.30pm Midnight Holy Communion

Dec 25th

10.30am Christmas Communion

Dec 29th

10.30am Benefice Communion Service



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